



A Healthy Balance for Life

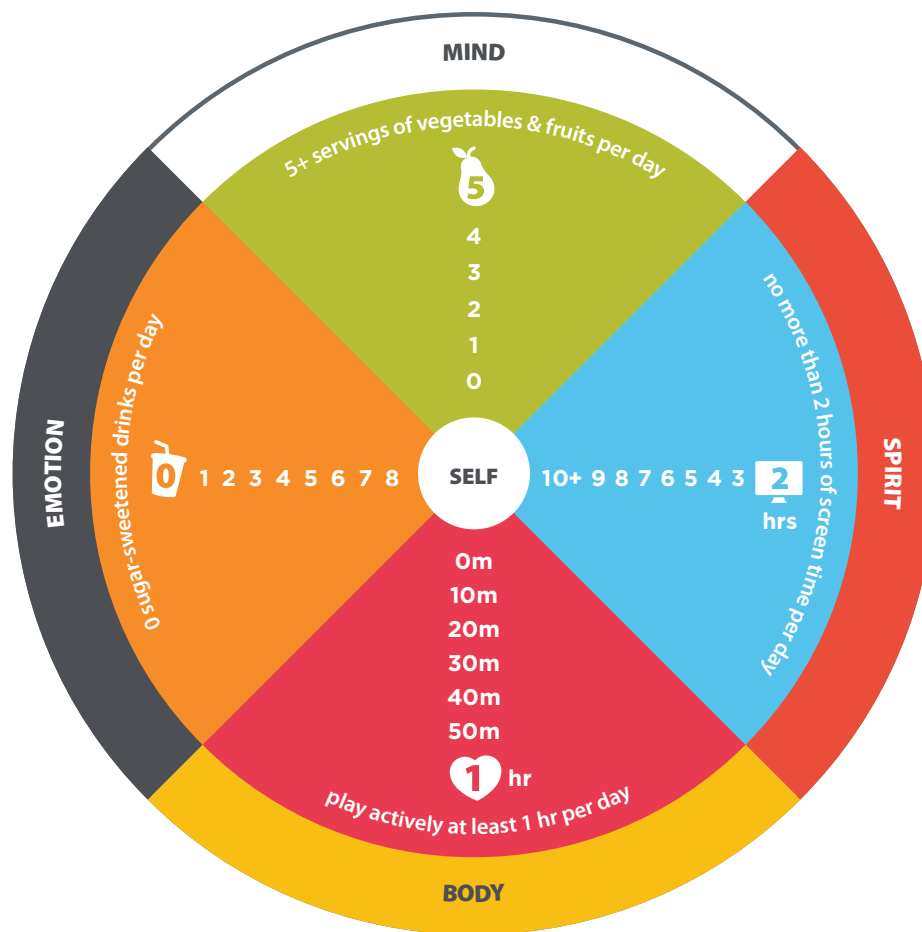
WEST

- Have compassion for yourself and the efforts you are making to have balance. Treat yourself with kindness and celebrate your successes.
- Increase your well-being by listening and talking to someone like an Elder, to reach emotional balance.
- Drink plain milk, water, and fresh fruit infused water instead of sugary beverages. Add berries and lemon slices to water and let this sit for a few hours for a refreshing drink.
- Elevate your mood by being active with family and friends.

The Medicine Wheel directions, terms, and colours come from a lesson plan of the Ojibway tribe and this model and many more can be found among First Nations throughout North America.

NORTH

- Enjoy five or more vegetables and fruits a day to help keep your mind and body strong! Keep an open-mind when trying new vegetables and fruits.
- Reflect on your healthy behaviours and aim to make healthier choices.
- Strengthen your mind by meditating and increase your knowledge by: reading a book or doing a craft; hearing your Elders' stories; listening to your body and intuition; and walking through the forest.



SOUTH

- Strive for physical balance by playing actively for at least one hour each day. Do activities that make you happy.
- Engage in physical activities with your peers, like Sla-Hal and soccer.
- Focus on the present: Be physically active to keep your mind sharp, your stress at bay, your heart strong, and spirit soaring. The present is a gift.

Instructions

In the Medicine Wheel, circle the number of vegetables and fruits; screen time, active play, and sugar-sweetened drinks you have per day. If you exceed the '5', '2', '1' goals, you would circle the corresponding '5', '2', and '1' numbers on the wheel. Connect these circles. The closer you are to creating a circle near the edge of the Medicine Wheel, the more Live 5-2-1-0 balance you have!

EAST

- Journey through the Medicine Wheel to seek balance.
- Seek insight from your Elders and ancestors.
- Put down tablets, turn off TVs and connect to people, animals, and spirits. Strive for no more than 2 hours of screen time a day.
- Stay grounded: grow and harvest fresh produce and connect with your environment.
- Honor your spirit by living healthy.
- Pray and be thankful.



Chilliwack
Division of Family Practice
A GPSC initiative

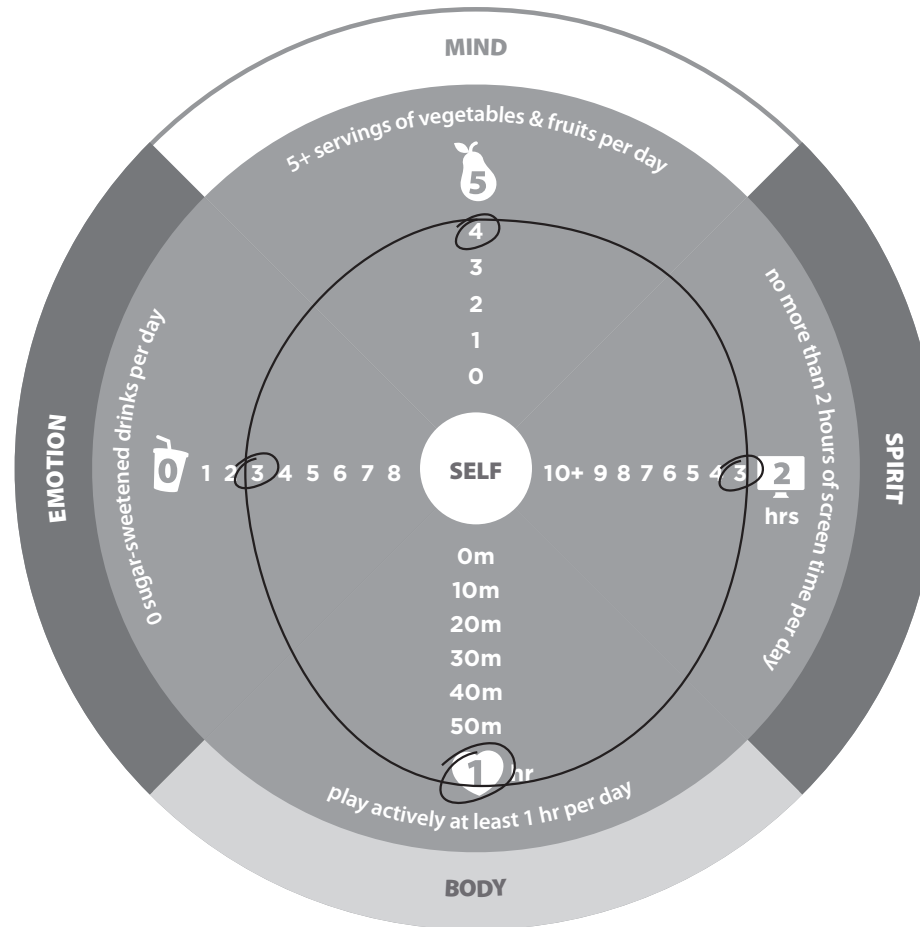
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A Healthy Balance for Life: Example

Tim circled 4 servings of veggies and fruits today because he had 2 medium sized apples during the day and 2 cups of leafy greens at dinner.

- One Canada Food Guide Serving of:**
- Fresh, frozen, or canned vegetables or fruits is 125ml (½ cup)
 - Raw leafy vegetables is 250ml (1 cup)
 - Dried fruit is 60ml (¼ cup)
 - A whole fruit is one medium pear

Tim circled 3 sugary beverages because he had 3 bottles of pop during the school day.



Tim circled 3 hours of screen time because he watched a 2 hour movie and played 1 hour of video games. Please note: screen time for educational purposes does not count towards the screen time per day number.

For more information on nutrition, please visit Health Canada's Eating Well with Canada's Food Guide First Nations, Inuit, and Métis: <http://bit.ly/1ORSHCm>

Tim circled 1 hour of physical activity—he ran laps in PE class today and he walked the family dog for an hour after school. Although Tim did more than 1 hour of physical activity, he circles the '1 hour' goal because it is the highest number on the wheel.

Tim is happy with how balanced he feels. To have more of a healthy balance, Tim is going to try and reach the 5 servings per day goal, by taking more pieces of veggies and fruit with dip to school. He will aim to drink more water in the day rather than pop, by bringing a water bottle to school with lemon slices and berries in it. By spending more time playing with his friends after school, he can decrease his screen time.